



MR. AND MRS. JAMES L. SAUNDERS, JR.

Parents Send Record Of Wedding Music

Bouquets of white gladiol and daisies decorated the altar of Sacred Heart Church Saturday when Monsignor A.J. Hetherington officiated at the marriage between Mary Claire McKenna, the daughter of Mr. and Mrs. William John McKenna and James Leo Saunders, Jr., son of Mr. and Mrs. James Leo Saunders of Kensington, Prince Edward Island. Nuptial Mass was said by Rev. William Kelly, C.S.B., of Toronto. The bride, who was escorted to the altar by her father, wore a gown of ivory delustrated satin designed with lily point sleeves and a portrait neckline inset with a yoke of silk illusion. An embro-

KEEP IN TRIM

Alerted For Poundage

By Ida Jean Kahn

Being a dietitian for such a large and diversified family of overweights keeps me ever on the alert for first-hand experiences in dealing with avoirdupois. Today's story is really exciting.

Our model is a young woman who has a natural tendency toward overweight, yet manages to keep her weight under control by adhering to three rules: eating breakfast, restricting liquids, and weighing daily.

At age 14, she weighed 190 solid pounds. She has an exceptionally large frame and big bones and finds she looks and feels her best at 150 pounds, which is top normal weight for her height of 5'7". Here is her advice on weight control.

"When I eat breakfast, including 2 eggs, I can keep the pounds

under control. A good breakfast helps to burn up body fat, gives me normal energy and lets me be briskly about my work. If I fail to eat breakfast because of lack of time, I feel tired, and find myself nibbling in the middle of the morning almost without knowing it."

Her weight-control breakfast consists of a sliced orange or a half grapefruit, 2 soft boiled or poached eggs, 1 thin slice of toast un buttered, and clear coffee. That furnishes 280 fast-burning calories. The eggs provide protein which whips up the metabolism. Furthermore, protein stimulates the general efficiency of the body, furnishes material needed for repair work, and builds vigor and stamina.

KELLYS CROSS C.W.L.

The August meeting of St. Joseph's sub-division was held on Sunday August 19th, at 2 p.m. There was a splendid attendance of members at this meeting and each one paid to the voluntary mass fund. The minutes of the previous meeting were read, approved and signed. The notice of the C.W.L. Annual Convention was read and two ladies were appointed to attend. It was decided to hold either a fiddler's contest or a variety contest in the early fall. The plans for this will be made at the next meeting. Another lottery is underway and different members donated prizes. The meeting was closed with prayer.

they carried white shasta mums. Mark McQuaid of Edmonton, formerly of Kensington, Prince Edward Island, was the best man. Ushers were Henry O'Shea, Donald Nicholson and Joseph McLean. Mrs. B.H. Joyce was organist and Allan Scott and Jon Hermens were soloists. At a reception in the Knights of Columbus Club, the bride's table was centred with a three-tiered cake decorated with miniature candles sent from Germany by Miss Margaret Woodcock. The bridal toast was proposed by A.H. McGuire. A recorded congratulatory message was received from the groom's parents.

After a few days in the mountains, the bridal couple will travel by plane to P.E.I. the bride wearing a three-piece green suit with model feathered hat and accessories of luggage tan. Her corsage was a white orchid. Mr. and Mrs. Saunders will reside in Halifax, Nova Scotia, where the groom is a medical student at Dalhousie University.

Queen Attends Festival Edinburgh Emphasizes Art

EDINBURGH Reuters — The 10th annual Edinburgh Festival rolled off to royal start Sunday night, and curtain-raising critics in this morning's national newspapers hail it as the world's greatest collection of culture.

The festival society has officially scheduled some 2,000 artists in three weeks of events, with the emphasis on music and drama. A battery of "fringe" events is privately designed to catch an overflow of ticketless tourists.

As the Daily Telegraph's critic observes: "There is something for all imaginable and a few unimaginable tastes."

Most critics refused to be overawed by the opening event Sunday night, and are free with unfavorable comment about Sir

Thomas Beecham's Royal Philharmonic Orchestra. Britain's No. 1 orchestra played Beethoven's Ninth Symphony to a dazzling audience of first-nighters including Queen Elizabeth, the Duke of Edinburgh and Princess Margaret.

The Boston Symphony Orchestra will follow the Royal Philharmonic at Usher Hall here this year. Other leading musical groups on the program include the Hamburg State Opera Company and the Vienna Hofmusikkapelle.

India's Ram Gopal, dancers and London's Sadlers Wells ballet will be headliners. Drama groups include the Stratford, Ont., Shakespearean Festival Players and the Piccolo Teatro Company of Milan, Italy.

Children's Reading Habits Effected Only A Few Months

CALGARY (CP)—The decline in children's reading habits after the idea of television here lasted only a few months, and there has been an increase since the start of the year, says Librarian Dorothy Rogers.

Miss Rogers said the reading ability of Grade III children had declined during the last 10 years, apart from the newer impact of television. However, an improvement has been noted in the last six months since the reintroduction of phonetics.

Science now is the most interesting subject for boys taking out library books here. Miss Rogers said they ask for books on subjects ranging from dinosaurs to aerodynamics. But interests are wide among both boys and girls, with the boys extremely sports-minded.

Miss Rogers said some children find school readers boring and get the idea that all reading is boring. Some grow lazy because their parents read to them and they can't be bothered reading themselves. She suggested parents should see that good books are within the reach of children and help them to get interested in such books.

HISTORIC RECIPES
Many so-called Canadian recipes date back to pioneer French immigrants who adapted them to Canadian foods.

SPICY PLANT
The true laurel or sweet bay, with aromatic leaves used in condiments, is found in Mediterranean countries.

LET'S EAT

Herbs For Cold Months

By Ida Bailey Allen

Growing herbs has become a smart pastime. But the method of drying and preserving them for use throughout the cold months is little understood.

In gathering herbs, select a time when the dew is off. This facilitates drying and conserves both flavor and aroma.

Do not pick more than 1-3 leaves from a branch at a time. Otherwise, growth will be halted and the plant will lose vitality.

To dry herbs, place them on racks or turn them occasionally. After drying, rub to a powder put through a coarse sieve to remove the stems place in polyethylene bags, fasten with a goose-neck seal and store away from the light.

In this week's columns, the Chef and I will give ways to use different herbs and how and when to add fresh, dried and powdered herbs to cooked and uncooked dishes.

3-pt. baking dish.
Top with rounds of rich baking powder biscuit dough made with a standard biscuit recipe calling for 2 c. flour, to which 1/2 tsp. each have been added.

Bake 30 min. in a moderate oven, 400 degrees F.

Blueberry Betty: Melt 2 tbsp. butter or margarine in a saucepan and saute 1/4 c. coarse enriched bread crumbs in it until golden brown. Mix in 1/2 tsp. cinnamon and 1/4 c. sugar.

Mix 1 pt. blueberries with 1/4 c. extra sugar. Arrange in alternate layers with the crumbs in a qt. baking dish. Add 2 tsp. water or fruit juice. Top with the crumbs. Bake 35 min. in a moderate oven, 375 degrees F. Serve warm with cream, a whipped topping, hard sauce or ice cream.

Note: Instead of fresh blueberries, use a (1 lb.) can blueberries in syrup. Omit sugar and water.

Trick of the Chef:
Add 1/4 tsp. powdered thyme to 2 c. chicken gravy.



FLUFFY WHITE FROSTING
3/4 cup sugar
1/4 cup light corn syrup
2 egg whites
2 tablespoons water
1/2 teaspoon cream of tartar
1/4 teaspoon salt

Put in top of double boiler. Cook over rapidly boiling water, beating with rotary beater or electric mixer until mixture stands in peaks. Remove from heat add 1 teaspoon vanilla. Continue beating until thick enough to spread.

PATRON SAINT
St. Martha, patron saint of good housewives, is represented in historic art in homely garb with a pot in her hand.

Wife Preservers
When you do the family washing, use the timer if your machine has one; if not use a small alarm clock. From 10 to 20 minutes is enough for most soiled clothes, but you can experiment to decide how much time in the washer is needed to remove soil.



MORNING SMILE
An eminent judge, one of the most compassionate of men, presided over a criminal court.

Before him was a man who had been convicted of stealing. He looked very sad and hopeless, and the judge's heart softened.

"Have you ever been in prison before?" he asked the man.

"Prisoner, bursting into tears. 'Don't cry, don't cry,' said the judge, 'you're going to be now!'"

SPECIAL OFFER!



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HERE THEY ARE FLAVOR TRAIN PRIZE WINNERS

FIRST PRIZE
Mrs. Margaret Horton, 251 Grafton St.

SECOND PRIZE
Mrs. Cyril Jones, Pownal

THIRD PRIZE
John P. MacCormack, 108 Weymouth St.

Drawn by Harold Jenkins, Parkdale

There were three big winners at ZAKEM'S last night. You will be a winner also with these big specials.

WIENERS	NOT DOGS FOR WEEKEND	lb. 33¢
MAC & CHEESE	COOKED MEAT	lb. 49¢
NECK RIBS	SWEET PICKLED	lb. 19¢
PICKLES	York Ice Box 16 oz.	37¢
CLAMS	Delica Baby	29¢
SCHOOL SUPPLIES	Complete line of Scribblers, Pencils, Brief Cases, etc.	
ALL-BRAN	KELLOGG'S—16 oz. 2 LARGE PKG.	53¢
CORN	Fresh Island MARKET PRICE	
RITZ Crackers		19¢
COFFEE	SCHWART (Price Has Advanced)	lb. \$1.19
LUX	Face Soap 100 Ft. 3 for 28¢	
Wax Paper		29¢
Chicken	—15 oz.	
Haddie		2 for 39¢

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